

# Maternity Hospital Bag

## CHECKLIST FOR INDIAN MOMS

### Hospital Bag for Mom (Labor and Delivery):

- Night gown/ Hospital gown - 3
- Putchi Feeding Kaftans
- Homecoming outfits / Putchi Dress
- Maternity pads
- Fixator
- Period panties
- Feeding / Nursing Bra
- Breast pads
- Feeding pillow / Nursing cover
- Cold/ Warm post-birth relief
- Sitz bath/ Salt
- Charger
- Bluetooth headphones
- Towel
- Toiletries
- Water Bottle
- Medicines
- Hospital file
- Coconut Oil
- Nipple Cream
- Snacks



### Hospital Bag for Your baby:

- Muslin Jablas
- Rompers
- Mittens, Booties, Cap
- Diaper
- Wet wipes
- Burp Cloth
- Soap/ Body wash
- Baby carrier
- Swaddle - 2

### Hospital Bag for your partner

- Comfortable clothes - 3 sets
- Toiletries
- Towels
- Slippers / Shoes
- Socks
- Book / iPad to read while the labor is long
- All the papers and files required for the hospital
- Money, wallet and cards
- Phone Charger

# Brand Recommendation

Compression Socks, Lounge Wear, Feeding Gowns, Feeding Bras, Maternity Pads : **Putchi**

Lansinoh Cold and Warm Post-Birth Relief Pad, Disposable Nursing Pads, Post Birth Water Bottle, Breast milk storage bag : **Lansinoh**

Baby laundry liquid, Body Wash : **The Indi Mums**

Mom bag: **The Plush Story**

Breast Pump, Stylo New Born Baby Hair Brush and Nail Care Set : **R for Rabbit**

Pregnancy Bar, Lactation Bar: **Girl Tribe**

Mom Cookies, Lactation Tea: **Little Veda**

New Mom Period Panty: **Nushu**

Face Wash, Lip Balm: **Earthen Spring**

Jabla: **Keebee, Nature's Cuddle**

Sleep suit/ mittens Booties: **Lil Bontre**

Baby carrier: **Smiley Buttons**

Nursing Pillow, Burp Cloth, Nursing Cover: **Aairo**

New Born size diaper: **Nappico**

Baby Blanket, Footed Pants, Nappy: **Nature's Cuddle**

Body Lotion: **Earthen Spring, The Indi Mums**